

# Brentwood Senior Citizen's Club, Inc. Newsletter

In Partnership with the City of Brentwood Parks and Recreation Department.

A newsletter of programs, activities, and community services available to the active adult residents of Brentwood, Bethel Island, Byron, Knightsen, Oakley, and Discovery Bay.

B R E N T W O O D   S E N I O R   A C T I V I T Y   C E N T E R   5 1 6 - 5 3 8 0

As of the close of nominations, there have been very few nominations for the Executive Board. No office has more than one person nominated for that position. Only three of the six open positions have nominees.

The By-Laws pertaining to elections, Article VII Section I reads as follows: ***In the event only one member is running for each office, an election will not be necessary and the entire slate can be accepted by a vote of the members present at a General Board meeting.***

In order to save on postage, materials and time you will not receive election material this January. In order to allow time for you to make arrangements to attend, this will be taken up at the February 12, 2013 regular Board meeting. This constitutes a delay of the election results announcement of only three business days.

Additionally, due to the small number of nominations for the Executive Board, it is evident there will not be enough board members to fill the quorum required to conduct substantive business necessary to continue as a viable Senior Citizen's Club. If this is the case after the deadline for nominations, the current board has determined that a change to the by-laws will be necessary. The following changes will be proposed and acted upon at the regular board meeting on February 12, 2013:

- Eliminate two positions on the board. They are the Finance Chair and the Membership Chair.
- Change the quorum from four board members to three.

The duties of the positions being eliminated will be absorbed by current board members until sub-committee chairpersons can be selected. It is hoped that in the future, with more membership involvement, we will be able to return those positions to full Executive Board status. The Executive Board encourages you to attend the February meeting to help us with these decisions and to vote for the Executive Board nominees.

## WEEK AT A GLANCE BRENTWOOD SENIOR ACTIVITY CENTER

### Mondays

- 9:00 a.m. - 1:00 p.m. C.C. Café Senior Nutrition \*\*
- 10:00 a.m. - 11:30 a.m. Premiers Exercise
- 12:30 p.m. - 3:30 p.m. A Place to Paint (Ongoing every week) 🌳
- 12:30p.m.. - 3:00 p.m. BINGO (Ongoing every week)

### Tuesdays

- 9:00 a.m. - 1:00 p.m. C.C. Café Senior Nutrition \*\*
- 9:30 a.m. - 11:30 a.m. Program Sub-Committee Meeting (1st Tuesday of the month)
- 9:30 a.m. - 11:30 a.m. Senior Board Meeting (2nd Tuesday of the month)
- 11:30 a.m. - 3:30 p.m. HICAP (2nd Tuesday of the month)
- 1:00 p.m. - 4:00 p.m. Pinochle Drop-In (Ongoing) 🌳
- 1:00 p.m. - 4:00 p.m. Bunco (Last Tuesday of the month) 🌳
- 1:00 p.m. - 4:00 p.m. Gin Rummy – Every Tuesday (Ongoing) 🌳
- 1:30 p.m. - 2:30 p.m. Book Banter Group (3rd Tuesday of the month)

### Wednesdays


- 9:00 a.m. - 1:00 p.m. C.C. Café Senior Nutrition \*\*
- 9:30 a.m. - 10:15 a.m. Monthly Blood Pressure Checks (3rd Wednesday of the month)
- 10:00 a.m. - 12:00 p.m. Wii Games 🌳
- 10:00 a.m. - 11:30 a.m. Premiers Exercise
- 12:00 p.m. - 1:30 p.m. C.C. Café Special Luncheon (Last Wednesday of the month)
- 12:30 p.m. - 3:30 p.m. Knitting Circle (Ongoing Every week)
- 12:30 a.m. - 2:00 p.m. Line Dancing (2nd Wednesday of the month) 🌳
- 1:00 p.m. - 4:00 p.m. Oldies But Goodies
- 6:00 p.m. - 9:30 p.m. Duplicate Bridge

### Thursdays

- 9:00 a.m. - 1:00 p.m. C.C. Café Senior Nutrition \*\*
- 1:00 p.m. - 4:00 p.m. Drop-In Pinochle (Ongoing) 🌳
- 1:00 p.m. - 3:00 p.m. Billiards and Board Games (Ongoing) 🌳
- 1:00 p.m. - 4:00 p.m. Oldies But Goodies

## WEEK AT A GLANCE BRENTWOOD SENIOR ACTIVITY CENTER

### Fridays

- 9:00 a.m. - 1:00 p.m. C.C. Café Senior Nutrition \*\*  
 10:00 a.m. - 11:30 a.m. Premiers Exercise  
 12:00 p.m. - 1:30 p.m. C.C. Café Special Luncheon  
 (2nd Friday of each month)  
 12:30 p.m. - 2:00 p.m. Line Dancing Socials (Last Friday of the month) 



Denotes programs that require the participant to present a valid Senior Club Activity Card. Activity Cards may be purchased at the Brentwood Senior Center or at the City of Brentwood Parks & Recreation Department at 35 Oak Street. All classes and the "Oldies But Goodies" are in partnership with Liberty Adult Education. \*\*C.C. Café is in partnership with Contra Costa Health Services and the City of Brentwood and is for ages 60+.

\$\$ Cash Prizes \$\$

**BINGO**  
**MONDAYS**  
**FROM 1:00 – 3:00 PM**

\$10 Buy-In

AT THE BRENTWOOD SENIOR ACTIVITY CENTER  
 193 GRIFFITH LANE  
 BRENTWOOD

EVERY MONDAY EXCLUDING HOLIDAY'S

**YOU CAN PURCHASE DAUBERS ON SITE**

MUST BE 18 YEARS OF AGE OR OLDER TO PARTICIPATE  
 IN BINGO GAMES

NO CHILDREN

PLEASE TRY TO BRING THE RIGHT CHANGE

ANYONE INTERESTED IN HELPING OUT WITH THE BINGO GAMES  
 PLEASE CONTACT MaryAnn (925) 626-7054



## KEEPING INFORMED

Everythingbrentwood.com has a special section for the "55 Better" community. This section features events, activities, classes and other relevant information of interest to adults who are 55 or better, as well as to their families. We are partnering with the City of Brentwood's Parks and Recreation Department and the community in this endeavor. Check out <http://www.everythingbrentwood.com>.



*Everything Brentwood*

Get connected with everythingbrentwood.com by telling them what you think about some of their featured articles and sharing what you would like to see more of. We live in the same community and probably have similar hopes and aspirations - that this community continues to be a great place for all to live in and that retains the values and characteristics that made everyone decide to move (or stay) here in the first place. Let's talk about it!

### PROGRAM SUB-COMMITTEE MEETING SCHEDULE

Do you have an idea for a new activity or improved procedure for senior services? Then attend the following meetings to be held by the decision makers. Meetings are held  
1st Tuesday of the month  
at 9 a.m.  
Brentwood Senior Activity Center  
(Class Room)

- January (Cancelled)
- February 5

### 2012 BOARD MEETING SCHEDULE

Board Meetings are held 2nd  
Tuesday of the month at  
9 a.m.  
Brentwood Senior  
Activity Center (Class Room)

- ♦ January 8
- February 12

## CUISINE

2 med. onions  
3 carrots  
2 parsnips  
1 stalk celery  
1 1/2 lb. cod, scrod or other white fish  
1 c. lowfat milk (2%)  
Oil or Pam  
Mrs. Dash  
8 oz. can low-sodium or no-salt tomato sauce

### SENIOR CITIZEN BAKED FISH



Slice all vegetables thinly. Use either Pam or light oil to grease casserole. Line greased casserole with onions. Saute in 350 degree oven until soft. Add other vegetables and 1/2 cup low fat (2%) or skim milk. Let cook in oven about 10 minutes. Lay fish over vegetables. Season to taste with Mrs. Dash.

Pour can of tomato sauce and 1/2 cup milk over whole thing. Bake for another 1/2 hour to 40 minutes. Serve with baked or boiled potato and green vegetable. Serves 3.

# SENIOR ACTIVITIES

## SENIOR CENTER BOOK AND MEDIA LIBRARY



Please come and visit our media library located in the Game Room. We have a great selection of new books, audio tapes, and movies. Don't be shy, come by and select a few books or movies to enjoy at home.

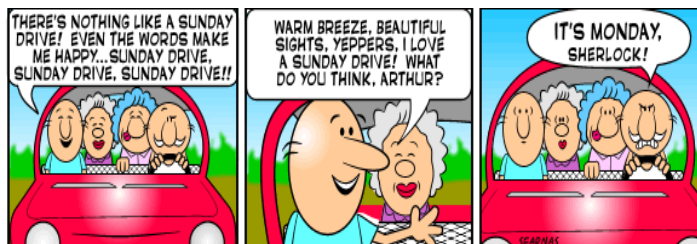
### Special Note

Before leaving books to be added to our collection, please see Donelda. She is a regular at the CC Café and a well-known personality around the Center.

## SENIOR FUNNIES



**Don't talk to me about joint – pain.....**

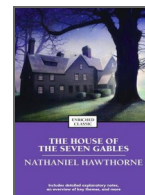


## BOOK BANTER GROUP

Are you an avid reader, looking for someone to discuss the latest novel with? Join us on the third Tuesday of each month as they discuss the preselected books listed below. Participants are responsible for obtaining a copy of the book and should read it prior to attending the discussion. The group meets from 1:30-2:30 p.m. at the Brentwood Senior Activity Center (Class Room).

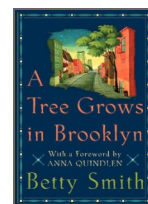
### **January 15**

"The House of Seven Gables"  
By Nathaniel Hawthorne



### **February 19**

"A Tree Grows in Brooklyn"  
By Betty Smith



**Club Members: Free/Non-Members: \$2**  
**Senior Activity Card Required** 🌳

# 211

If you are facing a challenge, call 211. We can connect you with programs to help you find food, housing, health care, senior services, childcare, vocational rehabilitation, legal aid and much more.

- ◆ Pick up the phone and call today
- ◆ Prescription drug discount cards
- ◆ Discounted utilities
- ◆ Low-cost automobile insurance
- ◆ Food assistance
- ◆ Discounted transit passes
- ◆ Free and low cost banking services



## SENIOR ACTIVITIES

CARDS, CARDS &  
MORE CARDS

## CLUB

Come and Join the Club and Get Ready  
for a Great Time!!!

Gin Rummy is one of the most popular card games worldwide. Usually, two players play the game and the basic aim of the game is to make a hand, that has most or all the cards arranged in sets and runs, and the point value of the leftover unmatched cards are low. If you are interested in playing, sign-up today and call Ralph at (925)626-7383 to make your reservations. Don't forget to purchase your Senior Activity Card at the front reception desk.

**GIN RUMMY CLUB MEETS ON**

**TUESDAY AFTERNOONS**

1 - 4 p.m.

BRENTWOOD SENIOR ACTIVITY CENTER

**Club Members: \$1 / Non-Members: \$2**

**Senior Activity Card Required** 🌳

**Drop-In Pinochle**

TUESDAY/THURSDAY AFTERNOONS

1 - 4 p.m.

BRENTWOOD SENIOR ACTIVITY CENTER

**Club Members: \$1 / Non-Members: \$2**

**Senior Activity Card Required** 🌳

**Duplicate Bridge**

WEDNESDAY EVENINGS

6 - 9:30 p.m.

BRENTWOOD SENIOR ACTIVITY CENTER

**\$6 per person/per session**

**Drop-in, no registration needed.**

Come play, make new friends, and  
earn master points.

# AT HOME

*Care & Companion Services*

925-238-6665



## Personalized Care For Your Loved One

We work with you!  
Short and Long-Term Options  
Hourly or Live-In Caregivers  
Free Comprehensive Assessment  
and Detailed Care Plan

**CALL NOW FOR YOUR  
PERSONALIZED CARE PACKAGE**

Paid advertisement.

## BOOT SCOOTING FRIDAY LINE DANCING SOCIALS

Join Belle Hodnick as she plays some of the hottest line dancing music for your enjoyment and line dancing fun. So polish up those boots, kick-up your heels, and come ready to dance the afternoon away.

**Just because you requested it,  
we are now dancing twice a  
month.**

**2nd Wednesday of the Month  
and the last Friday of the  
month.**

**12:30-2:00 p.m.**



**Club Members: Free / Non-Members: \$2**

**Senior Activity Card Required** 🌳

BRENTWOOD SENIOR ACTIVITY CENTER  
MAIN HALL

## SENIOR ACTIVITIES

## KNITTING CIRCLE



Come join June Peters and others for an afternoon of knitting. Bring your project, old or new. Help will be available to you. New knitters welcome! We'll teach you the basics and then move on from there. Yarn, patterns and loaner needles available for all.

Wednesdays 12:30-3:30 p.m.

**Club Members: Free / Non-Members: \$2**

**Senior Activity Card Required** 🌳

SENIOR ACTIVITY CENTER  
GAME ROOM

## Homelife's Caregivers Help Seniors Remain in Their Homes!

**H**omeLife Senior Care provides personalized in-home care to seniors in need of assistance who wish to remain independent to enjoy the comforts of home for as long as possible. Independently owned and operated by Angela & Vinny DiNicola, HomeLife Senior Care offers families dependable and compassionate in-home care with trained "Certified Companion Aides" (CCA®) providing professional, award winning, bonded and insured in-home services customized to fit every budget.



Angela & Vinny DiNicola

"Our family helping yours"

Call Today For a Free Assessment

**925-240-5770**

[www.HomeLifeSeniorCare.com](http://www.HomeLifeSeniorCare.com)



**HomeLife**  
Senior Care

Paid advertisement.

## WII

Drop-in and learn how to play the latest video games on the Wii. Come learn how to play Bowling, Golf, Baseball, and Tennis.  
Wednesdays 10 a.m. - 12 p.m.

**Club Members: Free / Non-Members: \$2**

**Senior Activity Card Required** 🌳

BRENTWOOD SENIOR ACTIVITY CENTER  
GAME ROOM

## BUNCO



Join us for a fast paced dice game of luck and laughter!  
Seasonal themed prizes for all!  
**It's going to be a fun time!**

Group will meet the last Tuesday of the month  
1:00 p.m. - 4:00 p.m.

**Club Members: \$1/ Non-Members: \$2**

**Senior Activity Card Required** 🌳

Register at the front reception desk!  
BRENTWOOD SENIOR ACTIVITY CENTER  
GAME ROOM

## BINGO

**During your Special Luncheons the following applies:**

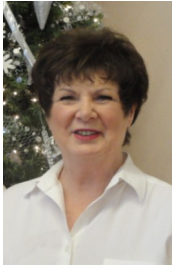
**Green Cards: 3 plays = 3 gifts**

**Tan Cards: 2 plays = 2 cash envelopes will be given out!**

**Raffle Gifts are also provided!**



# CC CAFÉ SENIOR NUTRITION PROGRAM



Hot Lunches are served 5 days a week for seniors 60+.  
Cost is \$2 per person. Call Zel to make your reservation at (925) 634-5040, weekdays between 9 a.m. - 12 p.m., to reserve your seat. Meals served at the Brentwood Senior Activity Center from 11:45 a.m. - 12:10 p.m.

Zel

## SPECIAL MONTHLY BRENTWOOD SENIOR CITIZEN'S CLUB LUNCHEONS

Join the Brentwood Senior Citizen's Club, Inc. twice a month for their special luncheons featuring a variety of catered meals from CC Café. Enjoy a variety of entertainment such as entertainers, bingo, and special raffles. Advanced reservations are required for these special luncheons and can be made by calling CC Café directly, weekdays between 9 a.m. - 12 p.m. at (925) 634-5040 two days in-advance.

### Dates for Special Luncheons

- 🕒 Friday, January 11, 2013
- 🕒 Wednesday, January 30, 2013
- 🕒 Friday, February 8, 2013
- 🕒 Wednesday, February 27, 2013

## MEALS ON WHEELS INFO LINE



Are you homebound and in need of assistance with daily meals? Call the Meals on Wheels Program at (925) 625-4545.

Meals on Wheels of Contra Costa is proud to announce the launch of their new website, [www.mealsonwheelsofcontracosta.org](http://www.mealsonwheelsofcontracosta.org), which allows better communication for clients and their families, as well as supporters and the general public.



## 2013 Ideas & Suggestions



Do you have an idea for a program, trip or event that you think the club should do in 2013? The Brentwood Senior Citizen's Club would like to know. Fill out a suggestion form that are located in the Center Lobby.



## Care. Comfort. Compassion.

Senior Helpers offers personalized in-home care, professional caregivers and peace of mind for your family. All at a moment's notice.

**(925) 677-2150**  
[www.seniorhelpers.com](http://www.seniorhelpers.com)

**SENIOR  
Helpers**



Bonded and insured. Senior Helpers locations are independently owned and operated. ©2011 SH Franchising, LLC

Paid advertisement.



# 2012 HOLIDAY LUNCHEON





## 50+ SENIOR SPRING BOCCE LEAGUE



This is our most popular social activity for our Active Adults. Team registration packets are available at the Brentwood Senior Activity Center beginning February 1st for the Coed B League that is tentatively set to begin the week of March 4th. League play is generally offered on Tuesday/Thursday mornings. Teams consist of a minimum of four (4) players, maximum of ten (10). So, grab some friends and form a team. Deadline for team registration for the 2013 Spring League is 5PM, February 22, or when the maximum number of 13 teams has registered.

FEE: \$87.20 per team  
CLASS #13044

## In the know.

### Community Special Events

#### Lunch with Bunny

(Ages 3-10 + parents)

Saturday, March 23, 2013

11:30AM-1PM

Brentwood Community Center

Hop on over to the annual Lunch with Bunny event, featuring spring-themed activities, a yummy lunch, and special guests including the Easter bunny! Make sure to bring your appetite, camera for great photo opportunities, and dress up in your Easter best. Registration ongoing through March 18 and seating is limited to the first 150 guests.

CLASS # 13075



**"Special Thanks" to all of those local businesses who support our Brentwood Senior Citizen's Club, Inc. Activities**

**Raley's**

**fresh & easy**  
Neighborhood Market

**TRADER  
JOE'S**

**petco**

Larry Edwards GM  
General Manager

**SAFeway**

**Tires LES SCHWAB**  
BEST TIRE VALUE PROMISE

6361 Lone Tree Way  
Brentwood, CA 94513  
(925) 513-3432

**Grazie's GRILL**  
FOOD, SPIRITS & FUN  
**PROMOTIONAL  
GIFT CARD**  
www.graziesgrill.com



NEIL BURMENKO  
Managing Partner

5809 Lone Tree Way  
Antioch, CA 94531  
925-754-5880  
Fax: 925-754-5948  
C00900@chills.com

**Lumpy's Diner**  
Phone: 925-778-LUMP  
Fax: 925-778-5817  
5891 Lone Tree Way  
Antioch, Ca. 94531  
Phone: 925-439-3911  
Fax: 925-439-2911  
615 RAILROAD AVE.  
PITTSBURG, Ca. 94565

*Starry  
Nights in  
Brentwood*

**Summer  
Concert  
Series**

**Eight Friday  
Nights of  
Family Fun  
and  
Entertainment!**

**Starting  
June 14, 2013**

CHRIS VARGAS  
**DELTA PURE WATER**  
Water Treatment Solutions ETC  
SPECIALIZING IN:  
Waterloggers • 1/4" Miter Treatment  
P.G.E. Pay-Station  
Reverse Osmosis Systems  
Water Osmosis • Soften-Jaw Closures  
MON-FRI 10:00-6:00  
SATURDAY 10:00-1:00  
SUNDAY 11:00-3:00  
41-A SANDCREEK ROAD  
BRENTWOOD, CA 94513  
Store (925) 634-6650 | www.purewateretc.com | Lic. #533264

## Getting Involved With Your Community!

### Brentwood Senior Citizen's Club, Inc.

Want to have a say in what we do here at the Brentwood Senior Activity Center for activities and programs? Help plan future activities, trips, and parties. Everyone's input is important! The Brentwood Senior Citizen's Club Board meets the second Tuesday of each month from 9:00 - 11:00 a.m. in the Brentwood Senior Activity Center, 193 Griffith Lane.

So stop by and get involved!

It's easy to become a Club Member.

Call 516-5380 or visit the  
Brentwood Senior Activity Center at 193 Griffith Lane.



Laura	Dick	Richard	Lynda
Jaramillo	Halpin	Griek	Cremeans
Trip Secretary	Acting President	Vice President	Treasurer

### Message From the Board

It has been a struggle for the club board this year. The board experienced turn over at key positions and some board positions remain unfilled.

As of the official tally completed December 20th 2012, the results of the nominating process determined that of the four board positions that could be up for election in accordance with the by-laws, only three had persons nominated and the fourth had no persons who were willing to stand for election. Of the three positions with nominations, all had but one person nominated for the position. In keeping with the by-laws, it is therefore not necessary to hold the election, with its related costs, and the board in February will ask the members in attendance at the Feb. board meeting to vote for the entire slate.

This will however, not solve the quorum problem. Therefore the board, in keeping with the by-laws, will vote to reduce the board members to five and the quorum to three. This was mentioned elsewhere in the newsletter. If this action is not taken, the board would not be able to conduct business.

Looking forward to a better new year,

Dick Halpin  
Acting President

## SENIOR SERVICE PROGRAMS



**BROWN BAG PROGRAM:** Held at the Brentwood Senior Activity Center, 193 Griffith Lane in Brentwood, on the 2nd & 4th Thursdays of each month from 10:30 - 11:30 a.m. Serves Brentwood and Byron residents only. For program specifics, interested seniors should contact the Contra Costa Food Bank directly at (925) 676-7543.

**SENIOR PEER COUNSELING:** Senior Peer Counseling Program offers both individual counseling and support groups to residents of Contra Costa County who are 55 years of age or older. Services are free of charge, and confidentiality is strictly observed. For more information call (925) 335-8741.

**HOME CHORE REGISTRY/FRIENDLY VISITOR'S PROGRAM:** Connects people in need with people who care and is sponsored by Senior Outreach Services. Call (925) 937-8311 for more information.

**DIAL-A-RIDE SERVICE:** For seniors and disabled individuals to register in the program, contact Tri Delta Transit, (925) 754-6622.

**Adult/Senior Information & Referral Counselor:** 1 (800) 510-2020

**HICAP:** Services offered on 2nd Tuesday of the month, from 11:30 a.m. - 3:30 p.m. at the Senior Center (Classroom). To make an appointment, please call the reception desk at 516-5380.



# Turn your savings into earnings. Let's talk.

**Jennifer Jost**  
Financial Advisor

100 Cortona Way  
Suite 240  
Brentwood, CA 94513  
925-240-7257  
[www.edwardjones.com](http://www.edwardjones.com)

**Edward Jones**  
MAKING SENSE OF INVESTING

### Have you Had Your Blood Pressure Checked?



Monthly Blood Pressure Checks  
**3rd Wednesday of each month**  
**9:30 - 10:15 a.m.**

**No appointment necessary.**  
Brentwood Senior Activity Center  
Class Room  
Sponsored by



Paid advertisement.





## ***"BIG BAND" Dinner Dance***

**Saturday, February 9, 2013**

**6 - 9PM**

### **Brentwood Senior Activity Center**

Take to the dance floor or just sit , listen and tap your toes as the Big Band Era comes alive with " What's Up Big Band". You'll enjoy the music of the Big Band Legends such as Glenn Miller, Harry James, Count Basie, Perez Prado, Benny Goodman, Helen Forrest, and more!. "What's Up Big Band" is an

18-piece Dance Band and vocalist. So, find your favorite pair of dancing shoes and get ready to dance the night away!!!

You will enjoy a delicious pasta dinner with all the trimmings and delicious deserts.

**Table bookings available upon availability.**

**Space is Limited, Register Today!**

**Senior Club Members \$18 / Non-Members \$20**

**(No Refunds)**

Event Registration Please Call The City of Brentwood

Parks and Recreation Department (925) 516-5444

*Sponsored by Brentwood Senior Citizen's Club, Inc.*



**Event # 13118**

## ELS ELDER LIVING SOLUTIONS

Our goal is not to find you or your loved one a facility; our goal is to find you or your loved one a home.



STEPHANIE KUJALA

Phone: 925.726.9433

Fax: 925.684.7090

Email address:  
ElderLivingSol@aol.com  
ELS@elderlivingsolutions.org

PLACEMENT  
AGENCY



### EXPERIENCED AND COMPASSIONATE PERSONAL CARE ATTENDANTS

- Personal Care • Meal Preparation
- Medication Reminders • Light Housekeeping
- Companionship • Flexible Hours
- Alzheimer's & Dementia Care
- Hourly & Live-In • Available 24/7
- Insured & Bonded

### Free In-Home Consultation

Tri-Valley/Contra Costa County  
**925.226.2884**

[www.allseasons-homecare.com](http://www.allseasons-homecare.com) | [info@allseasons-homecare.com](mailto:info@allseasons-homecare.com)

Paid advertisement.



*"Make a difference...  
Volunteer"*

## VOLUNTEER OPPORTUNITIES

Volunteers are changing the lives of seniors in our community by reaching out with their time and talents. Last year our dedicated volunteers gave over 2,000 hours to help seniors at the Brentwood Senior Activity Center.

Please take a look at the following list of Volunteer Opportunities to see how you can help (and if you have an idea that's not on our list, please let us know).

Sign-up to volunteer today, make a lasting difference in someone's life through your generosity!

### Areas to Consider

Office Administration: Front Desk Receptionist (Ambassador Positions), Mailings, Special Projects  
Programs: Creativity Classes, Health & Wellness, Tutoring  
Special Events: Public Relations, Marketing, Creative Professionals  
Event Committee: Special Fundraising Event Planning, and Support  
Brentwood Senior Citizen's Club Board: Serve as an officer or become a committee member.

To Volunteer please contact the front reception desk at (925) 516-5380.

# FREE LIVING TRUST SEMINAR

Find Out: \*WHY does a Will require probate?

\*WHO can sign for you if you are incapacitated?

\*WHAT will happen if you can't make medical decisions?

\*HOW does the IRS calculate the death tax?

\*IS a Living Trust right for you?

Do you have an old Trust that needs to be updated?

We can update and restate your old Trust for \$699

**AND NEVER PAY ANOTHER DIME  
FOR THE REST OF YOUR LIFE!**

**Wednesday February 20th**

2:00PM to 4:00PM

Brentwood Community Center

Conference Room

35 Oak Street

**Brentwood, CA 94513**

Family and Friends Welcome

**Protecting American Families For 25 Years!**  
Married couples are encouraged to attend together.

**CALL NOW TO RESERVE YOUR SEAT!**

**TOLL FREE (877) 322-9778**

the Law Offices of CR Abrams, P.C.  
[www.crabrams.com](http://www.crabrams.com)

1840 Gateway Dr., Suite 200 • San Mateo, CA 94404  
Corporate Office: 27281 Las Ramblas, #150 • Mission Viejo, CA 92691

## INTRODUCTORY OFFER!

50% OFF

THE LAW OFFICES OF C.R. ABRAMS

PRICE VALID AT SEMINAR ONLY!

# \$699

Regularly \$1,398

**TOLL FREE (877) 322-9778**

FREE Lifetime Changes

**Living Trust Coupon**

50% OFF

SAVE \$699

SAVE \$699



**THE ONLY INDEPENDENT  
PHARMACY IN TOWN**

**50 Eagle Rock Way, Ste C  
Brentwood, CA 94513**

**Tel : (925) 240-9777  
Fax : (925) 470-2247**

[ccpbrentwood@comcast.net](mailto:ccpbrentwood@comcast.net)

**Next to Vic Stewarts Restaurant  
In Vic Stewart Plaza**

**Full Service Pharmacy**

Ask us about

**Fountain of Youth**

**Dermatology and Hormone**

**COMPOUNDING**

**Free Delivery to Seniors**

### SERVICES WE PROVIDE

- Medical Leg wear
- Wound Care
- Hormones Compounding
- Veterinary Compounding
- Home Medical Equipments
- Diabetic Shoes and Accessories
- Bathroom Safety
- Glucose Monitors, Strips and Lancets
- Rolators and Walkers
- Medication and Sharps container recycling

**\$10.00 Off\* WITH  
New and Transfer  
PRESCRIPTIONS**

**Prescription Transfer is Just one  
Phone call away.**



\*\$10.00 OFF ON ANY OTC PRODUCTS WITH  
MINIMUM PURCHASE OF \$20.00

## Balfour Dermatology

A Medical Corporation

**Robert E. Beer, MD** Medical Director

**New advanced treatments for:**

- acne • eczema • psoriasis • skin cancer • nails
- hair loss • child and adult rashes

Focusing on: state-of-the-art diagnostic equipment  
Cosmetic services to look your best

**Call at 7 am  
for Same Day  
Appointment  
Availability**



### Advanced Diagnostic Services



Robert E. Beer, MD  
Board Certified  
Dermatologist

Holly A. Penniman  
PA-C

Christine A. Connor  
FNP/PA-C

Terri Marlett  
RN, BSN

Denise Garcia  
LE

Chris Milam  
RN, BSN

Francesca Grille  
LE

### Look Your Best

Trust your cosmetic procedures to the skin experts. We are a full service facility offering a wide variety of skin care. Our general dermatology providers diagnose and treat numerous skin conditions.

**State-of-the-Art  
Laser  
Facility**

**Voted #1  
Dermatology  
Office in  
Contra Costa  
County**

As Seen On...  
**KRON 4**  
The Bay Area's News Station

**Please Call**

**240-9116**

2221 Balfour Rd., Suite A,  
Brentwood, CA 94513

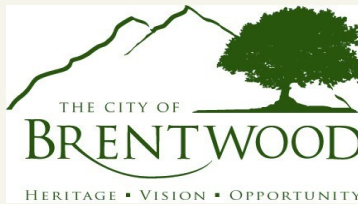
[www.skinquestion.com](http://www.skinquestion.com)

Hablamos Español





Brentwood Senior Activity Center  
193 Griffith Lane  
Brentwood, CA 94513  
Phone: (925) 516-5380  
Center Phone: (925) 516-5380  
Fax: (925) 516-5447



**DO YOU NEED HELP GETTING YOUR TAXES FILED??  
WELL.....AARP TAX-AIDE IS ON THE WAY!!!**

Starting February 6, 2013 and continuing every Wednesday (only) through April 10, 2013, AARP Tax-Aide, certified counselors will be available to prepare and electronically file Federal and CA state tax returns at Brentwood Senior Center, 193 Griffith Lane. This free tax preparation and filing service is available for low to moderate income taxpayers of all ages with a special focus for seniors 60 plus.

**Note Important Information So You Can Be Prepared**

- \* Tax Services are available on Wednesdays only starting Feb. 6 thru April 10, 2013 from 9:00 a.m. to 3:30 p.m.
- \* Appointments must be made in person at Brentwood Senior Activity Center on Wednesdays (only) 9:00 a.m. to 3:30 p.m. starting Feb 6, 2013 and continuing through the tax season. Please bring prior year's tax returns.
- \* Do not call the Brentwood Senior Activity Center - No appointments will be taken by phone
- \* Walk-ins accepted only if time permits – must have all documentation and prior year's tax returns.

For more information contact:  
Virginia Dembner (925)-634-5037 or [ginny.dembner@yahoo.com](mailto:ginny.dembner@yahoo.com)  
Sally Mecham (925) 684-3505 or [mechamrs@pacbell.net](mailto:mechamrs@pacbell.net)

